

## 2010 H.A.S. (Health Awareness Series) Schedule

(Contact Carol Kelley with questions-724-225-4771)

	<b>Brighton Heights Community Center</b> 3515 McClure Ave., 15212 412-766-4656	<b>Mt. Washington Community Center</b> 122 Virginia Ave.,15211 412-488-8405	<b>South Side Community Center</b> 12 <sup>th</sup> & Bingham Str.,15203 412-488-8404	<b>Greenfield Community Center</b> 745 Greenfield Ave.,15217 412-422-6551	<b>Homewood Community Center</b> 7321 Frankstown Ave.,15208 412-244-4190
<b>MARCH-</b> <i>Combating extra weight</i>	Wed.-24 <sup>th</sup> 10:30AM	Thurs.-25 <sup>th</sup> 10:30AM	Thurs.-11 <sup>th</sup> 10:30AM	Tues.-9 <sup>th</sup> 11:00AM	Tues.-16 <sup>th</sup> 10:45AM
<b>APRIL-</b> <i>Alcohol-harmful and helpful</i>	Wed.-21 <sup>st</sup> 10:30AM	Thurs.-29 <sup>th</sup> 10:30AM	Thurs.-15 <sup>th</sup> 10:30AM	Tues.-13 <sup>th</sup> 11:00AM	Tues.-20 <sup>th</sup> 10:45AM
<b>MAY-</b> <i>How a stroke can affect you</i>	Wed.-12 <sup>th</sup> 10:30AM	Thurs.-20 <sup>th</sup> 10:30AM	Thurs.-13 <sup>th</sup> 10:30AM	Tues.-11 <sup>th</sup> 11:00AM	Tues.-18 <sup>th</sup> 10:45AM
<b>JUNE-</b> <i>Safety in the home</i>	Wed.-16 <sup>th</sup> 10:30AM	Thurs.-17 <sup>th</sup> 10:30AM	Thurs.-24 <sup>th</sup> 10:30AM	Tues.-8 <sup>th</sup> 11:00AM	Tues.-15 <sup>th</sup> 10:45AM
<b>JULY-</b> <i>Keeping safe in the sun</i>	Wed.-14 <sup>th</sup> 10:30AM	Thurs.-22 <sup>nd</sup> 10:30AM	Thurs.-15 <sup>th</sup> 10:30AM	Tues.-27 <sup>th</sup> 11:00AM	Tues.-20 <sup>th</sup> 10:45AM
<b>AUGUST-</b> <i>Keeping your eye in good shape</i>	Wed.-25 <sup>th</sup> 10:30AM	Thurs.-19 <sup>th</sup> 10:30AM	Thurs.-26 <sup>th</sup> 10:30AM	Tues.-10 <sup>th</sup> 11:00AM	Tues.-17 <sup>th</sup> 10:45AM
<b>SEPTEMBER-</b> <i>Getting immunized</i>	Wed.-15 <sup>th</sup> 10:30AM	Thurs.-23 <sup>rd</sup> 10:30AM	Thurs.-30 <sup>th</sup> 10:30AM	Tues.-14 <sup>th</sup> 11:00AM	Tues.-21 <sup>st</sup> 10:45AM
<b>OCTOBER-</b> <i>Understanding the importance of mammograms</i>	Wed.-13 <sup>th</sup> 10:30AM	Thurs.-21 <sup>st</sup> 10:30AM	Thurs.-28 <sup>th</sup> 10:30AM	Tues.-12 <sup>th</sup> 11:00AM	Tues.-19 <sup>th</sup> 10:45AM
<b>NOVEMBER-</b> <i>Diabetes and you</i>	Wed.-17 <sup>th</sup> 10:30AM	Thurs.-18 <sup>th</sup> 10:30AM	Thurs.-11 <sup>th</sup> 10:30AM	Tues.- 9 <sup>th</sup> 11:00AM	Tues.-16 <sup>th</sup> 10:45AM